Fall/Winter 2026

SuperSibs

Supporting Siblings of Children with Cancer



Journal Prompt



Across two pages of your journal, trace your hand. Then, on each finger, write the name of a person in your life who you can go to when you need a helping hand.

Meet SuperSib **Ava**

Age: 8

What She Wants to Be When She Grows Up:
A Singer

Ava loves singing, dancing and doing her makeup. She's always spending time with her friends or being a supportive sibling to her older sister, Hannah. Ever since Hannah was diagnosed with medulloblastoma, Ava has been ready to lend a hand, whether it's getting her a snack, pushing her wheelchair or talking to other kids about Hannah's disabilities. Ava was grateful that the SuperSibs program was there with care packages to make sure that she didn't feel overlooked. Today, Hannah is in remission, and Ava continues to support her sister with unconditional love every step of the way.

We want to hear from you on Facebook! Ask your parents to connect with us @SuperSibsALSF or email us at SuperSibs@AlexsLemonade.org.

Alex's Lemonade Stand
Foundation for Childhood Cancer™

Are You Afraid to Try Something NEW?



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Some Sweet Self-Care

Everyone feels lonely sometimes. You might feel lonely if you've moved and started at a new school, find yourself feeling left out, miss someone, or just feel like your parents are paying more attention to your brother or sister.

Can you think of what the **opposite** of loneliness is?

Some examples are connection, companionship, friendship and togetherness. Loneliness can be a signal that these positive feelings are missing. Spending time with people we love or doing other things that make us happy can help us channel more warm, comforting feelings.

connection



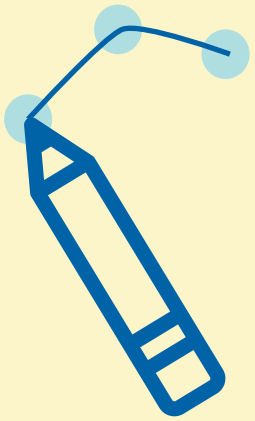
friendship

togetherness

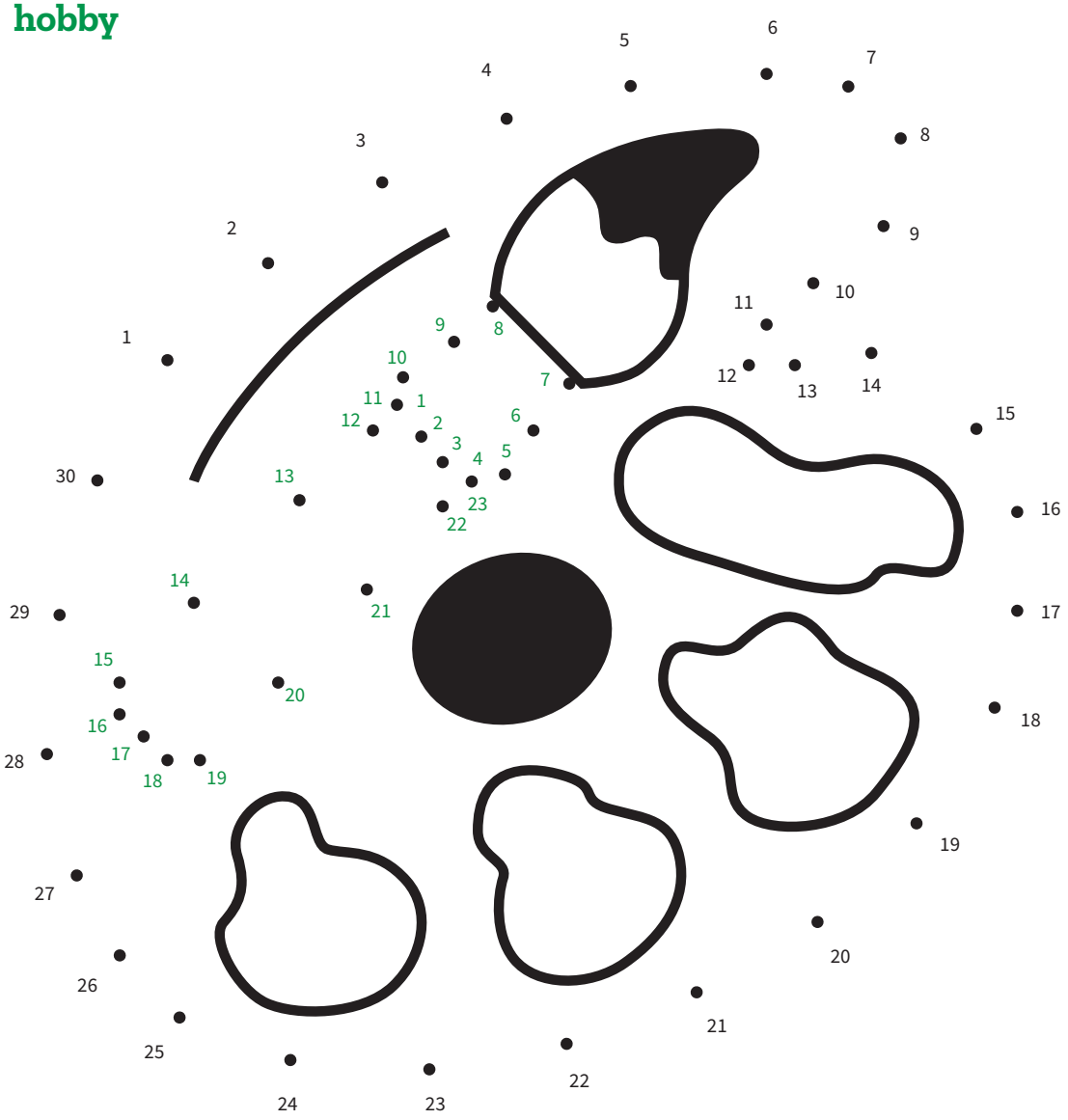


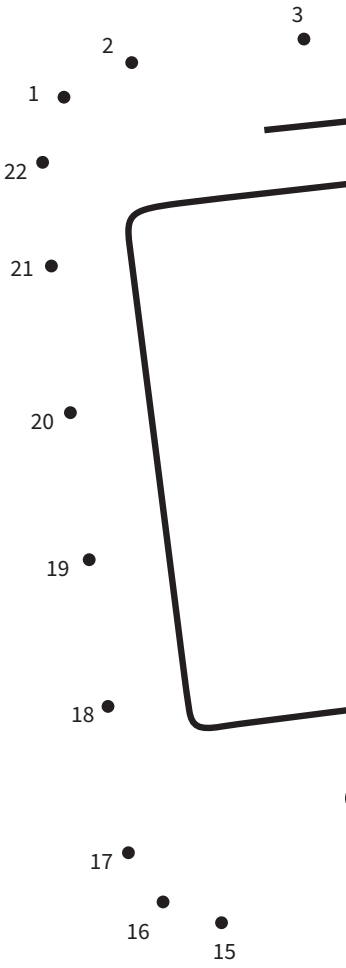
Get **Connected**

In the activity below, connect the dots to discover different ways to feel more connected to others.



try a new hobby





call a friend o



Joke Corner

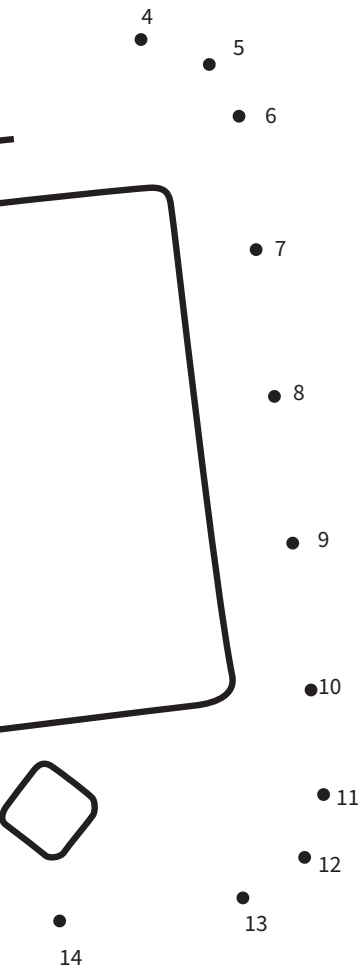
What did the lemon say when it answered the phone?



"Yellow?"



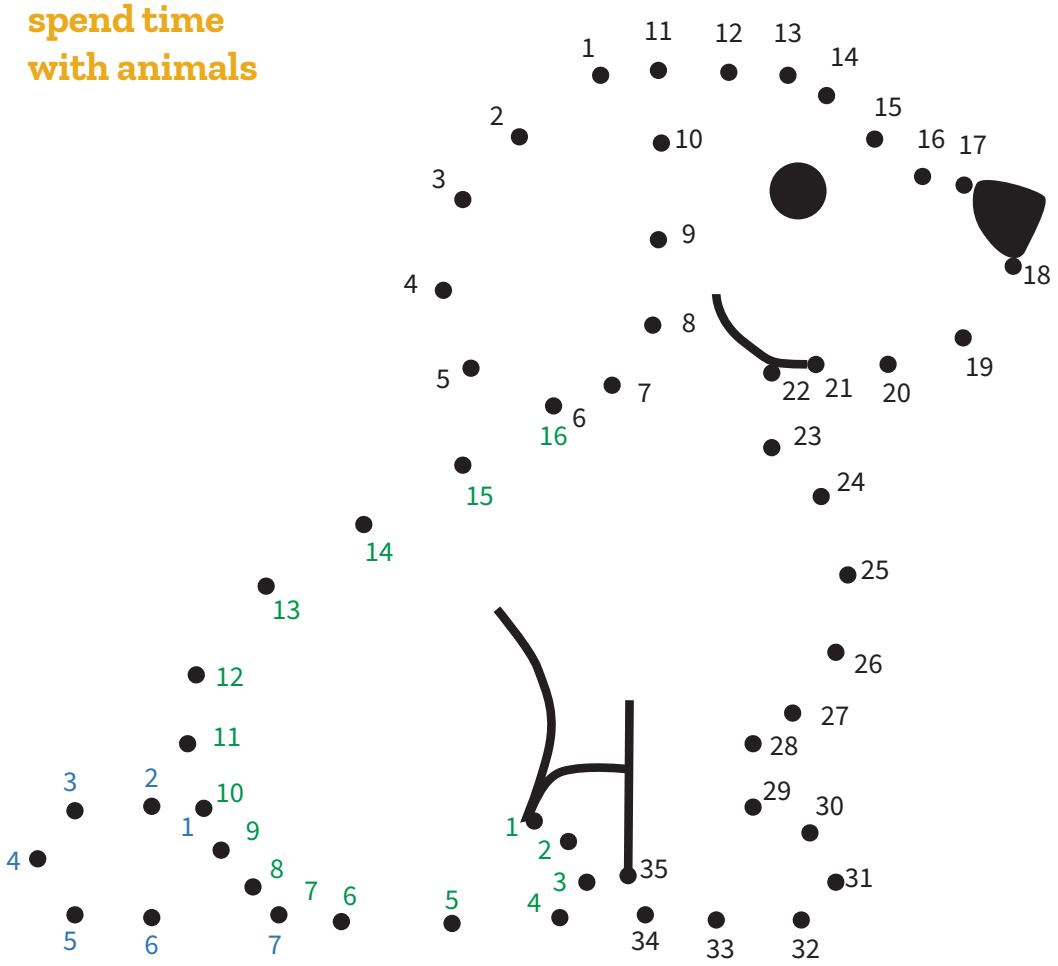
volunteer by holding a lemonade stand



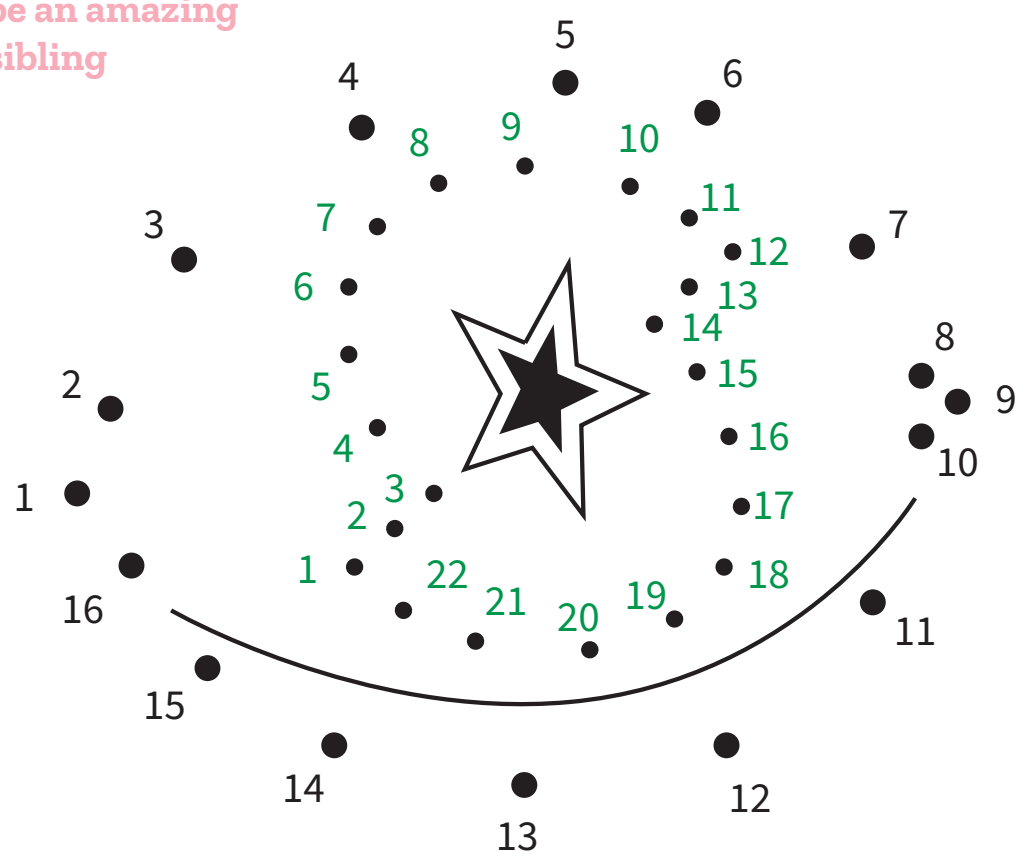
r family member



spend time with animals



be an amazing sibling



Future you is very proud of who you are right now, SuperSib!

ALSF

Capture all that you are facing, working on, and accomplishing by writing a letter to yourself. Answer the questions below, or come up with your own. When you're done, seal it in an envelope and put it away for a year or two.

When you open your letter, take time to reflect on how you've grown and changed over the last year.

Dear Future Me,

SuperSibs

Date: _____

What is difficult for you?

What is one new thing that you want to try?

How will you stay positive if something doesn't work out on the first try?

What is one thing that scares you?

What are your goals in the next year?

How will you feel when you achieve your goals?

Sincerely,
Present Me